

ABLE Bodies Participant Homework for Session 5

Flexibility

You can do the Seated Whole-Body Stretch daily if you like. Be sure to include stretches for key areas: ankles and toes, hips and hamstrings, chest, back, and shoulders, and neck.

Posture and Core Stability

- Every other day pick one posture exercise and do 6 to 8 repetitions.
- Hold the tall position for 10 seconds, if you can. Breathe normally as you hold your posture tall.

Strength for a Purpose

Practice these on 2 or 3 days. Do each 8 to 10 times or until your legs tire, then rest. Repeat if you choose.

- Seated Side Steps With a Thera-Band
- Teeter-Totter Chair Stands (see homework handout from session 4)
- Standing Heel Raises (you can continue to do them seated if you'd prefer)

WHEN PUSH COMES TO SHOVE

The Start

- Stand near a balance support with a tall, upright posture.
- Your feet should be shoulder-width apart and your knees should be soft.
- Place your arms straight down and at your sides.

The Moves

- Inhale and lift your ribs upward to lengthen your spine.
- Exhale and slowly draw your shoulder blades back and down.
- Tighten all of your core muscles.
- Push your shoulders and the palms of your hands down towards the floor. Think of planting yourself in your spot.
- Forcefully push out the rest of your breath.
- Inhale and stand tall, and then exhale and plant yourself again.
- For a greater challenge, place your feet in an offset foot position: One foot forward, one foot back, and your feet shoulder-width apart.